



## Going Gluten-Free

Eating gluten-free is becoming more and more mainstream. Have you been recently diagnosed with celiac disease and don't know what to eat? Do you feel instinctively that gluten is not right for you and would like to know more about how to go gluten-free? Or would you just like to know what gluten is and what all the fuss is all about?

Learn why so many people are choosing this lifestyle, and if it's right for you. We will outline the spectrum of effects of gluten on the body from the everyday person to the seriously allergic so that you can make your own informed decision.



In this free workshop we will explore gluten-free options for the typical carbohydrates that are commonplace in our dinners. We will cook up and serve several different gluten free pasta dishes, as well as other carbs that naturally do not contain gluten. Every attendee will have an opportunity to taste everything and also leave with a handout of recipes.

**Workshop brought to you by  
Hearts and Minds Together  
Sauk County, WI  
[www.hm2g.org](http://www.hm2g.org)**

**Gluten-Free Workshop  
Rock Springs Library  
Thursday, January 7, 2016  
6:00—8:00 PM**

**Rock Springs Library  
101 1st Street  
Rock Springs, WI 53961  
608-522-5050**